

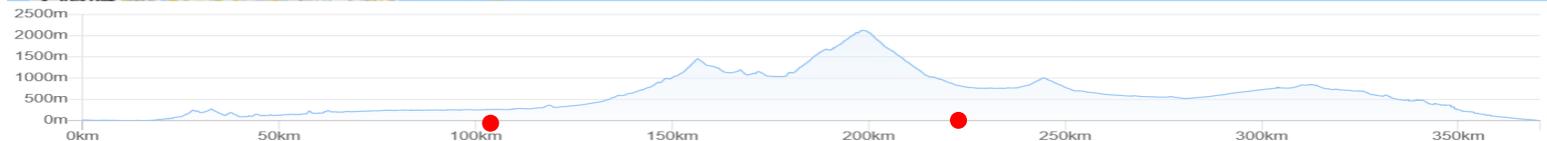
JTO FOSSA MAGNA Shizuoka to Itoigawa

Bicycle Journey

2026 April 11th(Sat)~13th(Mon) 3Days

Distance:368km Total Gain:4787m

<https://www.navitime.co.jp/coursebuilder/course/346dfd1822f246a3a8663d1fa1cc232b>



2026 Spring Shizuoka to Itoigawa Fossa Magna vertical across 3Rides

- ① 11th(Sat) Shizuoka→Isawa spa 105km+1105m
- ② 12th(Sun) Isawa spa→Chino 118km+2722m
- ③ 13th(Mon) Chino→Itoigawa 145km+960m

Shizuoka April 11th Sunrise at5:20 Sunset at18:15

Pre stay Kuretake inn premium Shizuoka station 〒420-0859 Shizuoka city Aoi-ku Sakaecho1-15 054-252-1111



Sightseeing Surugajo castle park Shizuoka city history museum Toro ruins Shizuoka railway



Pre stay meal Shimizu fish Kawagishi market Shizuoka Oden street Shizuoka fish market JR Shizuoka Asty east



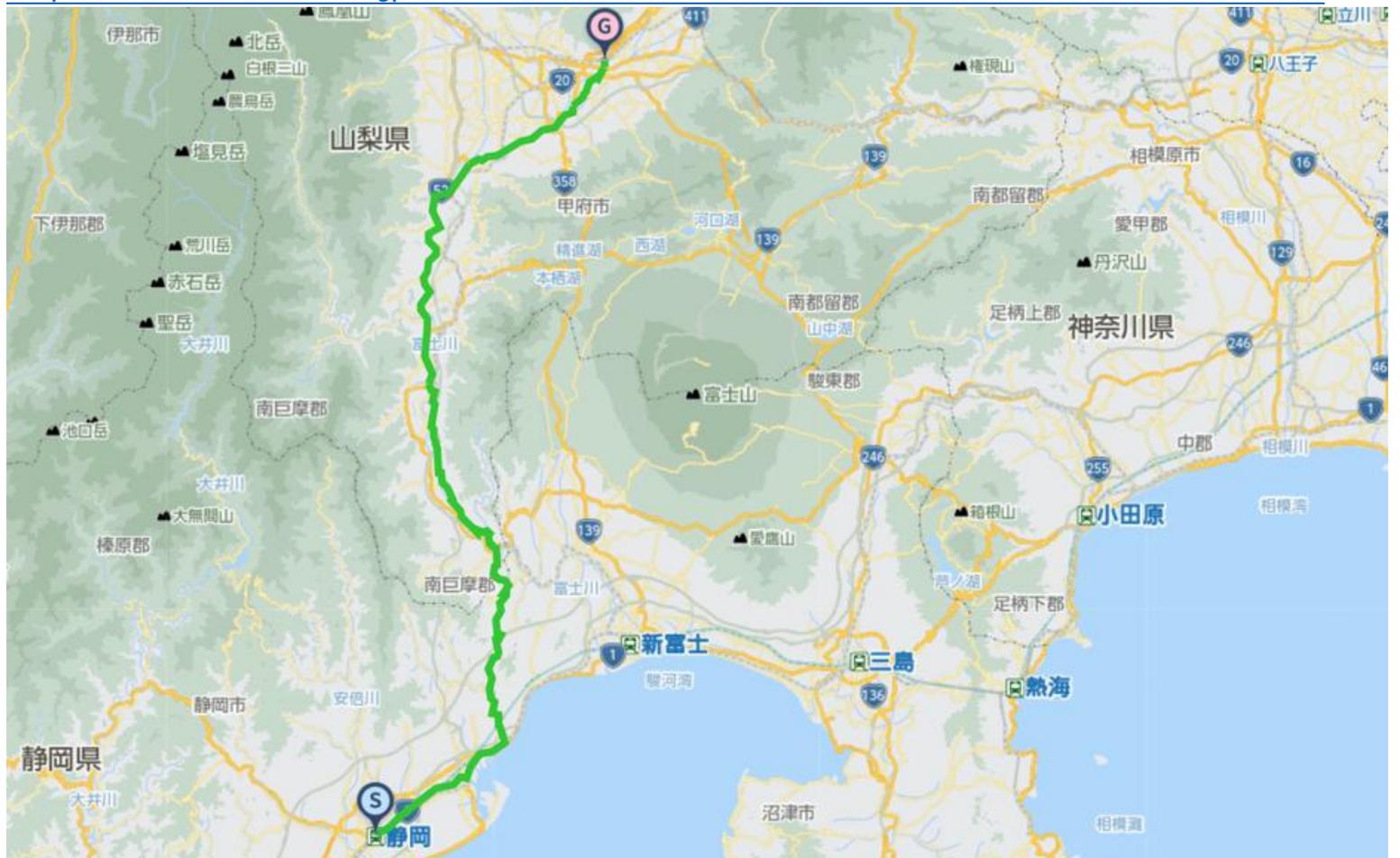
Meet April 12th(Sat)8:30 Kuretake inn premium Shizuoka station

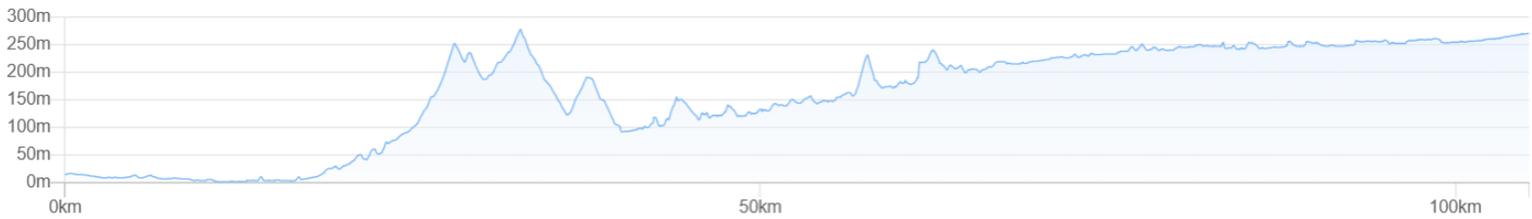
•Before departure, we will provide an itinerary explanation and briefing. •Please have breakfast before gathering.
 Outside breakfast Noodle Minami Starbucks coffee Asty Shizuoka west Beef bowl Yoshinoya JR Shizuoka st(7:00~)
 Suginoya Oden Onigiri(8:00~)



1st Shizuoka→Isawa spa 105km+1105m

<https://www.navitime.co.jp/coursebuilder/course/3774e0593c30496aaf0fefb4b6bd020b>





Lunch Ide st.(44km) Roadside station Tomizawa Chinchikurin Unpei handmadesoba noodle Yamakawa sushi



Minobu st.(59km) Yutakaya Koen Cafe Restaurant Famille Le Queon



Sightseeing Kunosan mt. Toshogu shrine Miho beach·Miho pine trees Minobusan mt. rope way Minobusan Kuonji temple



Stay Isawa onsen spa Hotel Hana Isawa 〒406-0021 Yamanashi pref Fuefuki city Isawacho Matsumoto1409 055-262-4166



Outside dinner Koshu Hoto noodle Kosaku Isawa st. street Tsukinousagi moon rabbit Katsugen tonkatsu Isawa Hanada sushi



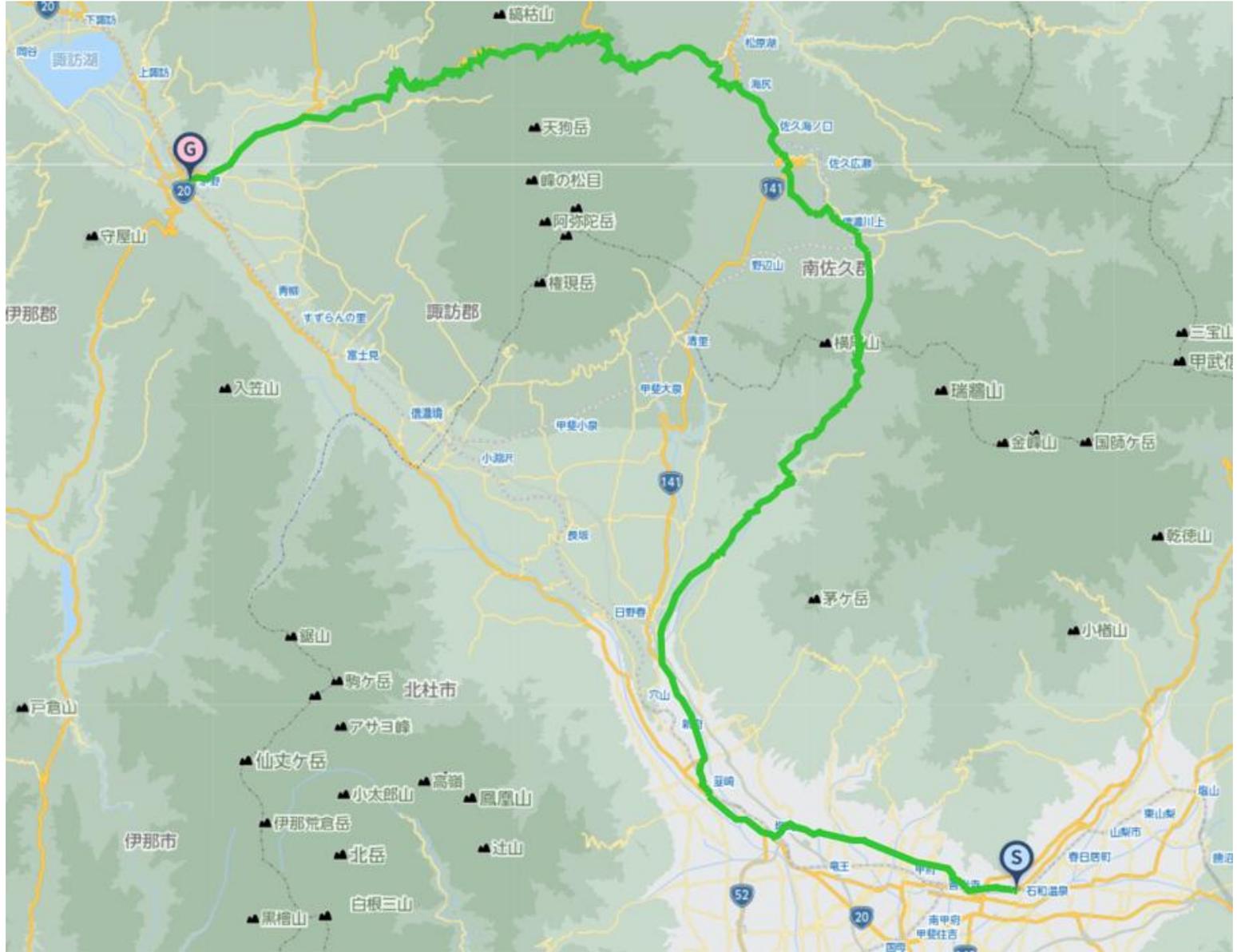
Other stay Chateraise Hotel Isawa Hanayagi Hanayagi no sho Keizan Kasugai view hotel

Public move Shizuoka→Fuji→Kofu→Isawaonsen JR Tokaido line JR Minobu line JR Chuo honsen line

2nd Isawa onsen spa→Chino 118km+2722m

Isawa onsen spa→Chino st. Isawa onsen~Nirsaki~Shinshu pass~Shinano Kawakami st.~Marchen way~Mugikusa pass~Chino st. 118km+2722m

<https://www.navitime.co.jp/coursebuilder/course/650b815b48594b35a78a0ce612d9fd2d>



Lunch Shinano Kawakami st. Kawakami village(59km)Zenkeian Fujimoto meat grill Jukiri season dining Forrest sta. Marche Kawakami



Saku Hirose(64km) 141 Vegetables meat grill restaurant Saku Uminokuchi st. (69km) Straw hat

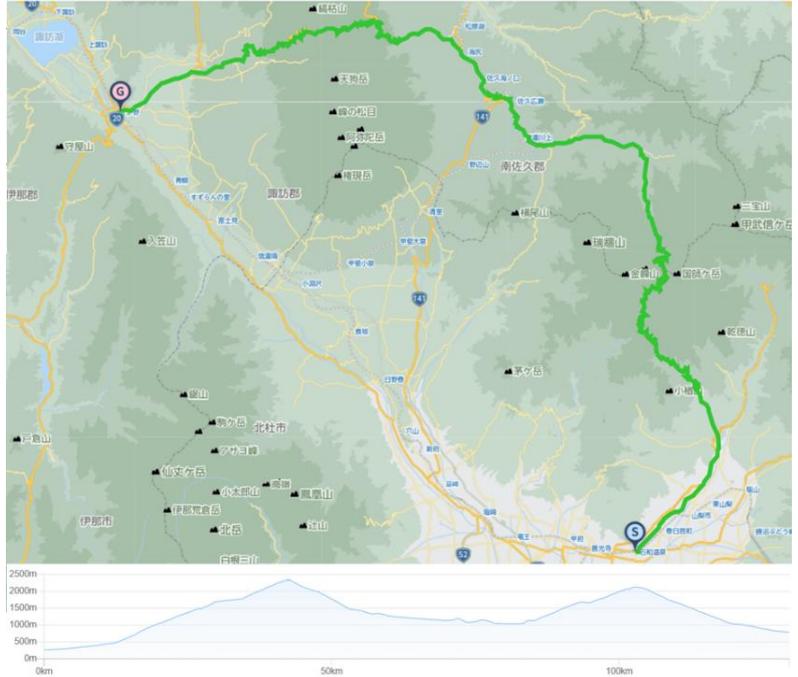
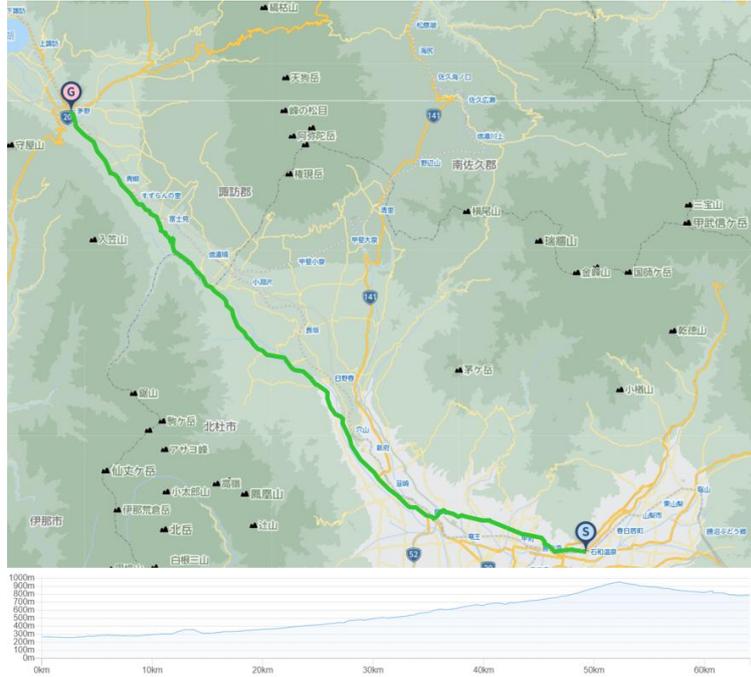


Other route recommend Isawa onsen station—Chino station(Shortest) 64km+860m

<https://www.navitime.co.jp/coursebuilder/course/aeeb2c9dff73434ca75fc8ae2e730a6c>

Isawaonsen station—Chino station(Double over mountain hill climb Otarumi pass & Marchen way Kusamugi pass)129km+3565m

<https://www.navitime.co.jp/coursebuilder/course/0cac75dd255249f8829b322f5f8a48c2>



※The support car moves「Isawa onsen~Nirsaki~Shinshu pass~Shinano Kawakami st.~Marchen way~Mugikusa pass~Chino st. 118km+2722m ※The support car do not go along for Otarumi pass. Wait around lunch place Shinano Kawakami station. From Otarumi pass to Kwakami village there's 8km of non paved road. Recommend to move by mountain bike slope down or hand carrying of road bikes. Please check in advance of weather forecast whether possible to pass.

※The shortest road Fujimieki station, all the riders agree to go the shortest road, we visit.

Fujimi st.(51km:Passing the shortst road) Yoshoku Meshiya Tsukushi handmade soba noodle Kutoron Sumiretei



Sightseeing Shinshu pass Matsubarako lake Kusamugi pass Marchen way



Stay Chino st. Business inn Wakamizu 〒391-0005 Nagano pref Chino city Nakamachi3631-1 0266-72-6166



Dinner(recommend to eat outside hotel)Taketao Shanghai dining Kuretake sushi Jinsei Gekijo Nakazaki enryo grill meat

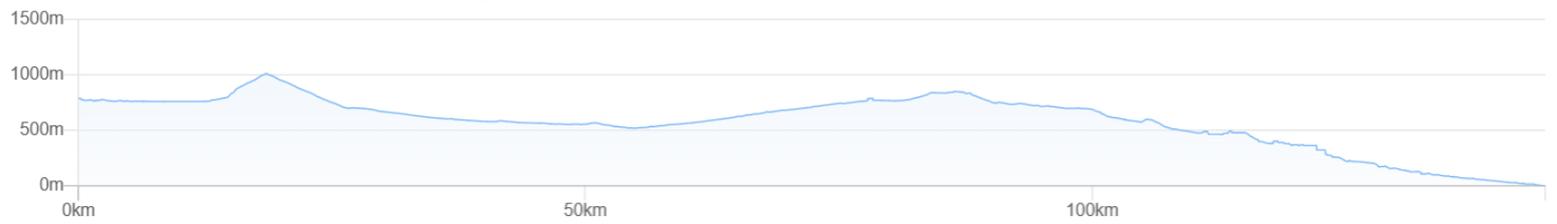
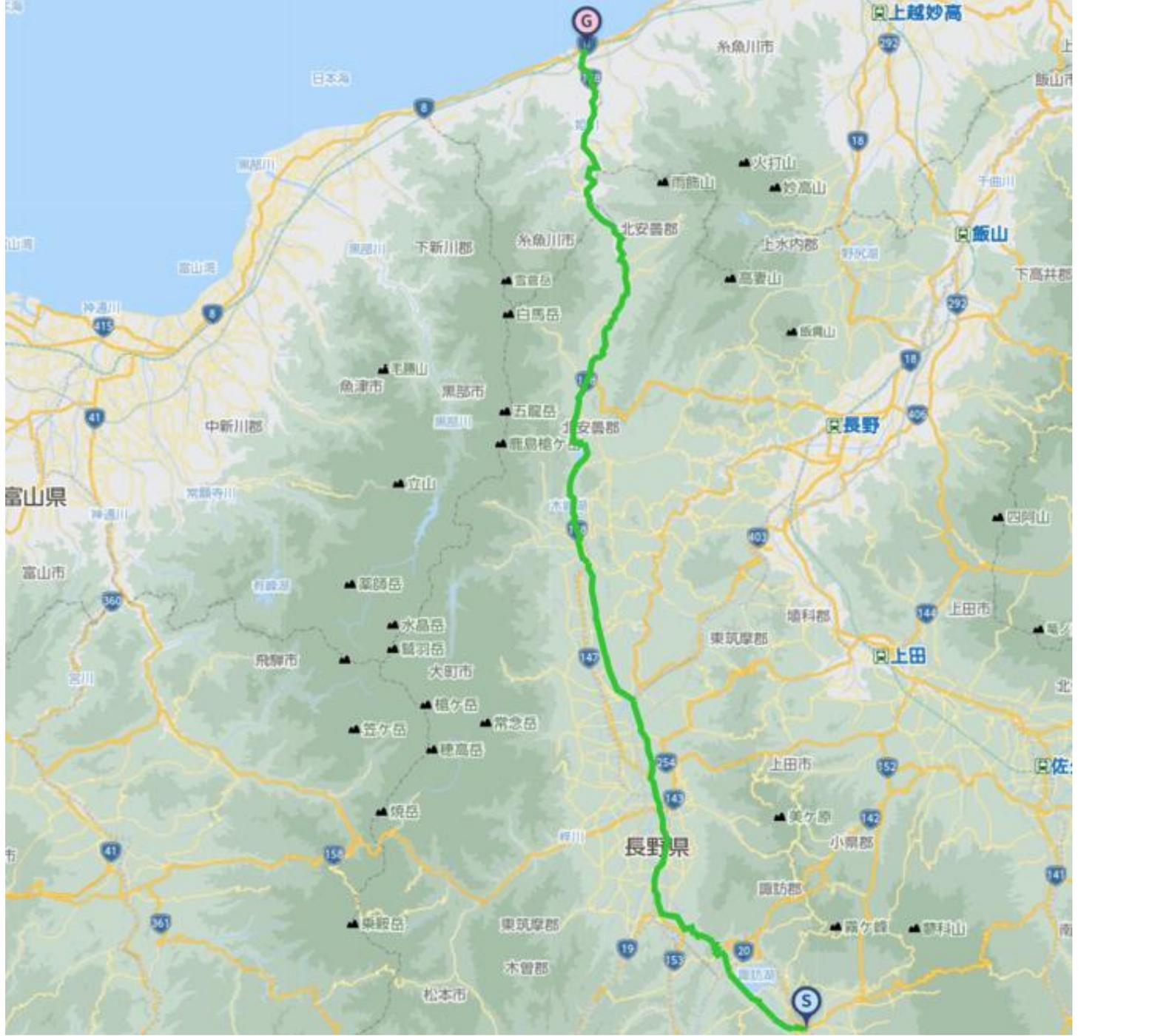


他宿泊推奨 茅野ステーションホテル 茅野スカイビューホテル カンデオホテルズ茅野
輸行推奨 石和温泉駅→茅野駅 JR中央本線

3rd Chino→Itoigawa 145km+960m

Chino st.~Suwako lake~Matsumoto basin~Nishina three lakes(Kisaki lake·Nakaami lake·Aoki lake)~Himekawa~Itoigawa

<https://www.navitime.co.jp/coursebuilder/course/b8ae04c152ec4665a5333924800d69da>



Lunch Azumi Oiwake st.(58km) Yachiyo Ltelier des Sens Stadione Tsubakuro handmade soba noodle



Shinano Omachi st.(72km) Hazuki Kobayashi soba noodle Millefeuille Sanraku Chinese Tawaraya dining



Hakuba st.(97km) Sobashin noodle Oshimo dining Gravity works GRINDEL



Sightseeing Suwako lake Shiojiri pass Matsumoto castle Nishina three lakes(Kisaki lake·Nakaami lake·Aoki lake)
Himekawa river source spring water Fossa Magna museum Itoigawa Nihonkai sea observation deck



For Shimoseri-Himekawa bridge-Roadside station Koya , possible to escape Nakatsuchi·Hirakura·Sotosawa tunnels by passing west side along Himekawa river old route is possible to go by bicycle.

Yuhara·Osho·Yamanobo tonnels escaping ,if going Niigata pref375 road , Hiraiwa teishajo Urahara line,need the check of road
If impossible to escape ,judging by the organizer , Kitakoya st.~Hiraiwa st.~Nechi st. take public move or support car move.

Public move Chino st.→Itoigawa st. JR Oito line

※If not going to the north for Itoigawa , finishing Hakuba (97km point) , take in the spa as below and move to Itoigawa , home Hakuba bath spa recommend Hakuba Happo Mimizukuyu (850m from Hakuba st.)

Hakuba Happo spa Happo no yu(1.7km from Hakuba st.)



Public move Hakuba→Itoigawa JR Ooito line

Otoigawa bath recommend Hisuinoyu(1km from Itoigawa st. to the land)

Itoigawa Post stay Hisui no yado Tatsumi 〒941-0067 Niigata pref Itoigawa city Yokomachi5-6-1 025-552-1833



Other stays Hotel route inn Itoigawa Ebiya hotel Furuhata minshuku Green house

To Tokyo:Hokuriku Shinkansen express(about one train each hour)

Itoigawa meal Shino sushi Korinmaru the best tasty of fish Kurohime Tsukitoku dining chinese



Ride Join Fee(Per day Per person) 15,000JPY(Include Tax)

Max Possible Join 1 Orders Minimum Number of riders;5-Riders (Full days ride join)

Included ride join fee : Travel attendant , Support car accompanying Support food supply(fixed limited)

✘NOT INCLUDE Moving fee between your home to the starting point , food , stay , support food more than the limited , public move fee , sightseeing fee are all not included at all.

✘Joining on the way , Leaving midway , traveling with one's bicycle using public transportation , you should pay the ride join fee per day for each you made application.

When you apply , we make estimation for ride join fee with including not included costs for ride join fee.

Contact E-Mail Adress : soma@jtourism.jp

Please apply with the information as below.

✘In case of less than minimum number of riders join , make another estimation and conduct the tour.

✘Possible to apply from one person to number of group riders , make estimation.

✘Possible to make another plan on order made for another day , longer or shorter distance of course.

✘We make estimation as the number of riders , days you ride , ride fee , stay , food , public moving , sightseeing , attendant move·stay , for total costs

✘Itinerary changes are possible for individual and group applications. We will create the order custom made project and estimate.

For the order custom made project , let you enjoy for fully , we will create a plan for each group.

✘In case of terrible weather , body condition , seem impossible to finish riding on the day , move to the mid place or stay by using public move and support car.

Up to the formal application as below , let you show the personal information.

•The day you ride •Your name •Sex •date , month , year of birth , age •Adress •Handy phone number •E-Mail address

• Stay and food wishes

✂We select and reserve the stay and foods. Personal arrangements are not possible by each riders.

✂Please give the wishes for shared room for men or women , single , twin , foods.

✂Please stay in the stays at the organizer' s designated stays.

In some case , we cannot meet your request and change the stays on designated.

•Please let me know the pre and post ride sightseeing wishes , settings.

•Possible to contact on the ride day (handy phone)&emergency contact (handy phone possible to contact to the substitute person ✂Other than the person riders yourself)

•Experience of your biggest riding , distance(km), Elevation gained(m)

implementation(Western calendar) season(month, spring summer fall winter)

area(country , prefectures, course name)

If we judge that you do not have enough experience to participate in this project, we may decline your participation.

Rental bicycle

Possible to prepare rental road-bicycle , cross-bicycle

If you wish to have rental bicycle , please apply in advance. Request together for Tokyo cycling tour and rental cycle , the partnership ship company.

① Height(cm)②weight(kg) ③bicycle model you wish ④Helmet ⑤grab ⑥pedal (binding or flat) ⑦Bicycle receiving place

Please let me know them when apply. Sometime , it may not turn out as you wish. Prepare wears and shoes by yourself.

I estimate rental price up to the information

Implementation notification ;After recruitment deadline to some days before the starting , number of riders , weather forecast , judge the implementation and contact directly to the riders.

Refund ; In case of impossible to hold the plan , we pay back Amount excluding expenses such as fees from ride participation fee.

If the participant is unable to participate due to circumstances , paid ride participation fees will not be returned.

If it becomes impossible to run due to weather or local situation judgment after the start , paid ride participation fees will not be returned.

•Take ride onto the tour recommended courses with group rides and solo freerides

•There is no competition for time. Riders work together to reach the goal. Awards will not be given based on ranking

•There will be no traffic control around the venue. Please follow the local traffic rules.

•Group rides/recommended course rides are the basics. Please notify in advance for your wish on solo free rides.

•It is also possible to switch to local wheeled transportation instead of riding due to physical condition etc.

•The support car transports unnecessary luggage while riding a bicycle , supply support food , follow finishing.

•The support car moves at the behind of the last rider, basically.

•If you ride out of the recommended course , we do not change the stay point.

•There is no support rider leading or tailgating.

•Those who can join that possible to reach their destination on their own using a smartphone, navigation system, or location search device , or possible on a group ride those who can accompany other members with cooperation.

•If there is a significant delay from the moving of other riders in the group , we will give you instructions on how to move your bicycle to the stopover point, accommodation on the day, and the goal.

•The organizer will present recommended courses in advance , but the support car will not be providing detailed guidance to riders while moving alongside them along the way.

•Bicycles, helmets, puncture kits, bike bags, clothing, cold weather gear changes, etc , please prepare what you need and bring it with you by yourself.

•Please wear brightly colored clothing such as red, yellow, and white. Never wear dark colors such as black or navy blue. We will lend you a red jacket if necessary.

•You are responsible for your own bicycle maintenance and repairs. Please prepare your own spare tubes, maintenance

tools, etc.

- standing air pumps and tool boxes will be carried in the support car.
- Please carry a lightweight soft bicycle bag. Carry it with you while riding, so you can move around while riding.
- Depending on where we are staying, bicycle bags may also be used to store your bicycle inside the hotel. Please be sure to carry bicycle bag.
- If you wish to store your bicycle in the accommodation, please help us store it in a bicycle bag when you enter the stay and bring it into the building.
- Hard and semi-soft large cases compatible with airplane rides cannot be transported on the road by the support car.
- If you are joining with a large wheeled device with a hard case or semi-soft case that is compatible with airplane wheeling, after refilling the soft bicycle bag, check-in at the departure/arrival airport and advance transportation to the planned goal point are required.
- Please purchase your own travel insurance and bicycle insurance. Please purchase bicycle insurance with a personal liability amount of 200 million yen or more.
- Please bring your insurance card with you when participating. We check your carry-on the insurance before departure.
- In terms of event, in case injury and illness occur, the participants have no objection to receiving first aid. The organizers will not be held responsible for the method, process, etc.
- The participants in addition to the participants, relatives, heirs, executors, trustees, etc. will not make any claims for damages, etc regardless of the cause, the organizers will be exempt from responsibility in case of accidents, losses, injuries, illnesses, etc. during the event (including aftereffects)
- We eat lunch around noon at the same near restaurant in the same area as possible, depending on the progress of the tour group.
- Lunch, dinner, breakfast, and bathing fees are not included in the ride join fee.
- Support food is also dependent on paid donations from past participants. When you use it, please donate to volunteers or goods.
- Toll road usage fees, sightseeing fees, and travel expenses are not included in the ride participation fee.
- Routes and expenses occurred for group transportation will be decided on-site after discussion, taking into account terrain, weather and progress.
- Transportation costs from your home to the meeting/dissolution location and use of public transportation midway are not included.
- To maintain your health and maintain hygiene, please take a bath, shower, and change of clothes before using public transportation after your ride before going back to your home.
- To avoid inclement weather or traveling in the dark after sunset, we may ask you to turn back, take a shortcut, or take a bicycle onto train move from a station along the way.
- Participants are responsible for safety, course management, bicycle maintenance, cold/heat resistant clothing, measures to prevent bicycle stolen, etc.
- If we decide that you cannot participate safely at your own risk, if you are causing a significant nuisance to other participants, or if you are unable to follow the instructions of the staff, you will be asked to leave the venue even midway through.
- Please note that the participation fee will not be refunded under any circumstances.
- Sightseeing recommendations: If you arrive early and have time, please go sightseeing on your own.
- If you have a request for sightseeing in advance, we will take time in advance and provide support, such as temporarily taking over your bicycle.
- If you consult with us in advance, we will be able to arrange and provide on-site guidance regarding recommended tours for the day before and after ride.

Accommodation, dinner and breakfast

- This is a ride tour in which the organizer decides in advance which lodgings to stay at and travels from one inn to another to sightseeing spots and famous places.
- Accommodation fees are not included in the ride participation fee. It will be included in the cost estimate as a necessary expense at the time of application.
- Recommended accommodation, dinner and breakfast will be arranged by the organizer. Subject to change.
- As much as possible, we prepare at lodging locations bicycle storage in or near the hotel, a large hot spring bath, yukata, dinner and breakfast, a sleeping room, and a power source.
- We eat dinner and breakfast generally as a group at stay, but, if you wish to eat food outside the stay, please contact us in advance.
- If you have dinner, breakfast, or bathing buying outside the building, we will not provide transportation by support car

and not accompany. Please move on your own by walking or using public transportation.

•Each day, luggage will be loaded into the support car and the start will be from the meeting point at designated accommodation. Please come to the meeting point by the departure time

•The meeting departure time is basically 7:30 am every morning, but it changes depending on the breakfast service time and driving distance, and will be decided locally.

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Dealing BS Travel Service Co., Ltd
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Japan bicycle journey with stays

2025: <https://jtourism.jp/2020/wp-content/uploads/2025/09/JTOBicycleJourneys2025E.pdf>

2026: <https://jtourism.jp/2020/wp-content/uploads/2025/09/JTOBicycleJourneys2026E.pdf>

2027: <https://jtourism.jp/2020/wp-content/uploads/2025/09/JTOBicycleJourneys2027E.pdf>

One Day Ride Around Tokyo

<https://jtourism.jp/2020/wp-content/uploads/2024/09/JapanOneDayRideAroundTokyo.pdf>